

Boise Y Swim Team-Senior Group Expectations

Practice groups and the difference between them are not structural rigid, we have developed these guidelines to determine where each swimmer fits within the Boise Y Swim team program. These guidelines will assist us in making decisions regarding promotions and provide swimmers and parents some understanding of our expectations.

- Swimming is a high priority in your life-striving for personal excellence and high-level performances.
- You should be able to handle time management between family commitments, schoolwork and swim practices.
- You will be responsible for attending the number of practices set by the Head Coach.
- Some Senior swimmers will be assigned AM practices and others can use as a makeup practice.
- You should be working towards developing your maximum swimming potential.
- You should be developing self-motivation towards proper rest, nutrition, and psychological preparations.
- You should be working on being responsible for yourself and self-motivated in your training.
- You should demonstrate good team sportsmanship by helping your teammates achieve their goals through your positive encouragement and actions.
- Swimmers are expected to bring all the proper equipment to each practice
- You should have the support of your family to help you reach your goals. This includes providing you with the opportunity to be responsible and dedicated member of the senior group.
- Senior swimmers should be able to compete the posted challenge sets and 3-time standards

Expected minimum training sets to accomplish to be in the Senior Group:

12 x 100 @ 1:20 – 6 x 200 IM @ 3 – 10 x 100 kick @ 1:45- 10 x 100 back @ 1:30

8 x 100 breast @ 1:40 – 12 x 50 fly @ 50 – 500 free 6:00

Senior Group Time Standards				
Girls Short course	Girls Long Course	Event	Boys short course	Boys long course
27.99	31.99	50 free	25.99	29.99
59.99	1:08.99	100 free	56.99	1:04.99
2:09.99	2:27.99	200 free	2:03.99	2:21.99
5:44.99	5:07.99	500 / 400 free	5:31.99	4:58.99
11:53.99	10:38.99	1000/800 free	11:28.99	10:17.99
19:54.99	20:20.99	1650/1500 free	19:15.99	19:45.99
1:05.99	1:16.99	100 back	1:02.99	1:13.99
2:22.99	2:43.99	200 back	2:16.99	2:37.99
1:15.99	1:26.99	100 breast	1:11.99	1:21.99
2:43.99	3:07.99	200 breast	2:35.99	2:58.99
1:05.99	1:13.99	100 fly	1:01.99	1:10.99
2:24.99	2:44.99	200 fly	2:17.99	2:37.99
2:25.99	2:47.99	200 IM	2:18.99	2:40.99
5:08.99	5:53.99	400 IM	4:55.99	5:39.99